

THIS YEAR I WILL

QUIT
SMOKING

GET
FIT

LOSE
WEIGHT

LESS
ALCOHOL

BE
POSITIVE

HELP
OTHERS

WALK
MORE

SAVE
MONEY

Get Healthy. Win Prizes. Challenge: Resolution Reset

Registration Opens: January 17th

Challenge Begins: February 1st

Challenge Ends: February 28th

Stay on track to make and keep your new years resolution with this accountability challenge. Choose to break a bad habit like limiting caffeine or start a new wholesome habit such as adding a serving of fruit to your breakfast. This month, focus on keeping your resolution and track at least 15 of the next 28 days to be entered into a drawing to win a \$100 gift card. Registration ends February 7, 2022.

Prizes: \$100 gift cards to 5 winners*.

Who is eligible?

All HAP members

How to participate?

1. Go to hap.org and log in.
2. Click on the My Health and Wellness tab.
3. Click on iStrive for better health.
4. Enroll in the Resolution Reset Challenge on the iStrive home page.
5. Log your progress throughout the challenge.
6. Registration ends February 7, 2021.

Prize information*

All participants that meet the minimum participation requirement will be entered into a prize drawing. HAP, Henry Ford Health System and OptimEyes employees and family members covered by HAP insurance, and non-members participating in employer sponsored programs are not eligible for the prize drawing.

HAP and its subsidiaries do not discriminate on the basis of race, color, national origin, disability, age, sex, gender identity, sexual orientation or health status in the administration of the plan, including enrollment and benefit determinations. Always consult your physician before beginning any wellness program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional's input or guidance.